

business spotlight

Bridging Care

How Philadelphia Hand to Shoulder Center is bridging expert care from Philadelphia to the Jersey Shore. by JOYCE SCOTT

From Philadelphia to South Jersey and stretching to the Shore, Philadelphia Hand to Shoulder Center brings comprehensive care for hands, wrists, arms, elbows and shoulders to a convenient location near you. What started more than 45 years ago as one of the first centers in the world specifically for hand surgery and upper extremity care is now home to 17 specialty-trained orthopedic and plastic surgeons. The group's large geographic footprint spans 18 regional offices, including five in South Jersey: Cherry Hill, Sewell, Mays Landing, Marmora and Cape May Court House.

The team cares for a variety of injuries and conditions including fractures, sprains, lacerations, joint and nerve issues, birth

and is evidenced by numerous awards and recognitions.

In terms of patient care, at Philadelphia Hand to Shoulder Center there's no pre-screening of patients by physician assistants or nurse practitioners. Instead, patients see their physician at each and every visit. "If patients are going to come see us, we're going to provide them direct, one-on-one physician interaction at every visit," says Mark S. Rekant, M.D. Dr. Rekant has been with the practice since 2001 and sees patients in the Cherry Hill, Sewell and Center City Philadelphia offices. "We aim to be a one-stop-shop for our patients where they can see their physician and have their therapy and any X-rays or other diagnostic

lifeguard, is thrilled to be practicing in South Jersey.

As a research coordinator for Philadelphia Hand to Shoulder Center, Dr. Kane sees the strong correlation between research and exceptional patient care. "We are continually pushing the envelope of what exceptional care is and asking ourselves how we can continue to improve patient care through research and collaboration," he says. "Because we are all academic clinicians at Thomas Jefferson University, our practice excels at providing world class level of care within our local communities. Our size and specialty enables us to carry out significant research that we are able to incorporate into our treatment plans to improve patient outcomes," adds Dr. Kane.

In addition to ongoing research, the physicians of Philadelphia Hand to Shoulder Center feel strongly about improving their field. This commitment is evident through their active Hand Surgery Fellowship program, which, in conjunction with Thomas Jefferson University, has trained more than 200 fellows. Physicians also regularly contribute to leading medical journals and textbooks, including their own textbook now in its 6th edition. "*Rehabilitation of the Hand: Surgery and Therapy* is used by medical students at the most prestigious institutions," says A. Lee Osterman, M.D., a senior physician with the Pennsylvania branch of the practice. "I love to see our textbook on my peers' bookshelves. It's nice to know we are a reference source for others in our field." Philadelphia Hand to Shoulder Center's commitment to education doesn't end there. Each year, along with the Hand Rehabilitation Foundation, they host several hundred surgeons and therapists eager to learn about the latest research and techniques in their specialty.

From its inception, Philadelphia Hand to Shoulder Center has pushed the boundaries of hand and upper extremity care and pioneered new techniques and cutting-edge advancements in the field. "We continue to extend expert care to reach patients where they live and work, bringing an academic, patient-focused model into local communities to lessen the burden on our patients while maintaining the level of expertise and high-level care they deserve," adds Dr. Bednar. ■



defects, sports injuries, rheumatoid arthritis, tendinitis, Dupuytren's contracture and carpal tunnel syndrome. This elite group is also internationally renowned for its microvascular work, such as repairing nerves, blood vessels and caring for victims of burns and traumatic injuries, including amputations.

"Our personalized approach to caring for each patient sets us apart from other practices," says John M. Bednar, M.D., a New Jersey native who started the South Jersey branch of the practice in 1993 and has been a driving force of its growth across the region. "We treat each patient as an individual. Each one has a unique set of needs that must be analyzed and treated to reach the best possible outcome." Dr. Bednar sees patients in Cherry Hill and Mays Landing. His focus on providing personal attention to his patients has been a cornerstone of his more than 30-year career

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studies done all in one location. Also, our elite hand therapy team is fully integrated into our practice, in fact therapy is often a first-course of treatment to restore patients to normal function. When surgery is necessary, our surgeons work directly with our in-house therapists during the patient's recovery and rehabilitation to maximize their outcome and minimize their down time," Dr. Rekant says.

Patrick M. Kane, M.D., a former Avalon

Philadelphia Hand to Shoulder Center

1 (800) 385-PHSC (7472)

18 Convenient Locations in South Jersey and PA

Hand2ShoulderCenter.com

Experts in comprehensive care for hands, wrists, arms, elbows and shoulders.